

# Client Health Education

DMAS has joined with VCU Health System to provide health care information through the [Community Outreach Information Network](#) (COIN).

At this web site, you can find information about diseases and their treatments.

Click on the topics below for information on health topics that may be of interest to you:

[Asthma](#) (Adult/ Pediatric)

[Diabetes](#) (Type1, Type 2)

[Coronary Artery Disease](#) (CAD)

[Congestive Heart Failure](#) (CHF)

[Pediatric Dental Care](#) (*Smiles For Children*)

[Pregnancy](#)

[Well-Child](#)

[Other Topics of Interest](#) (VCU-Community Health Education Center)

[VCU Community Outreach Information Network in Spanish](#)

## **DO YOU QUALIFY FOR MEDICAID?**

To see if you qualify for health insurance under Virginia Medicaid, please contact your local Department of Social Services (DSS).

[Click here for a list of DSS offices](#)

Not eligible for Medicaid...Click below to learn how to get health insurance for your children:

[FAMIS](#) (Child Health Insurance Program)

## ASTHMA

### What is Asthma?

Asthma is a disease that causes the airways of the lungs to tighten.

An asthma attack is when your lungs are not getting enough air to breathe. A person may be having an asthma attack if he or she has:

- Trouble breathing
- Wheezing
- Coughing
- Chest pain
- Chest tightness

Click on the topics below for helpful information on ASTHMA:

- American Academy of Allergy, Asthma & Immunology (AAAAI)
  - o [Adult Asthma](#)
  - o [Childhood Asthma](#)
  - o [Prevention of Allergy and Asthma](#)
- [Asthma and Allergy Foundation of America](#)
  - Spanish: <http://www.aafa.org/display.cfm?id=4&sub=86>
- [Community Health Education Center \(Asthma\)](#)
- [VCU Health System \(Adult Asthma\)](#)
- [VCU Health System \(Pediatric Asthma\)](#)

## **DIABETES (TYPE 1, TYPE 2)**

### **What is Diabetes?**

Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life.

There are two major types of diabetes called type 1 and type 2.

### **Type 1**

- Also called insulin dependent diabetes mellitus (IDDM), or juvenile onset diabetes mellitus.

### **Type 2**

- Also called non-insulin dependent diabetes mellitus (NIDDM), or adult onset diabetes mellitus (AODM).

Click on the topics below for helpful information on Diabetes (Type 1, Type 2):

- [American Diabetes Association](#)
- [Community Health Education Center \(Diabetes\)](#)
- [VCU Health System \(Adult Diabetes\)](#)
- [VCU Health System \(Pediatric Diabetes\)](#)

## **CORONARY ARTERY DISEASE (CAD) AND CONGESTIVE HEART FAILURE (CHF)**

### **What is Coronary Artery Disease (CAD)?**

Coronary artery disease (CAD) occurs when the arteries that supply blood to the heart muscle (the coronary arteries) become hardened and narrowed.

- The arteries harden and narrow due to buildup of a material called plaque (plak) on their inner walls.
- As the plaque increases in size, the insides of the coronary arteries get narrower and less blood can flow through them, meaning the heart gets less oxygen.

Click on the topics below for helpful information on CAD:

- [Community Health Education Center \(Heart Disease and Stroke\)](#)
- [American Heart Association](#)
- [VCU Health System \(Coronary Heart Disease\)](#)

### **What is Congestive Heart Failure (CHF)?**

The words "heart failure" sound scary, but they do not mean that your heart has suddenly stopped working. Instead, heart failure means your heart is not pumping as well as it should to deliver oxygen to your body's cells.

Click on the topics below for helpful information on CHF:

- [American Heart Association](#)
- [VCU Health System \(Congestive Heart Failure\)](#)

## PREGNANCY

Congratulations! You're about to have a baby. Now it's time to take care of you and, of course, it's never too early to take care of your new baby. In fact, research shows that you can have a healthier baby if you:

- Get regular [Prenatal Care](#)
- Take your [vitamins](#)
- Make sure you have enough [Folic Acid](#)
- Avoid [alcohol](#), [cigarettes](#), and [drugs & harmful medications](#)

The following links will help you learn more about PREGNANCY:

- [FAMIS MOMS](#)
- [March of Dimes](#) (Pregnancy and Newborn Health Education Center)
  - o [March of Dimes in Spanish](#)
- [VCU Health System \(Pregnancy and Childbirth\)](#)

## WELL CHILD

It takes a lot of time, energy, and planning to keep a well-child happy and healthy.

Below are some resources to help keep your child healthy.

- [VCU Health System \(Well-Child Schedule of Doctor's visits\)](#)
- [Healthbites](#) (healthful food choices for busy families)
- [Prevent Lead Poisoning](#)
- [VCU Health System \(Pediatrics\)](#)

The following links will help you learn more about your WELL-CHILD:

- [Child Development](#) (Ages 0 – 3)
  - [Child Development in Spanish](#)
- [KidsHealth](#)
  - [Kids Health in Spanish](#)
- [FamilyDoctor.org](#) (Health information from the American Academy of Family Physicians)
  - [FamilyDoctor.org in Spanish](#)
- [Hispanic Family Health](#)